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Bangalore Mirror

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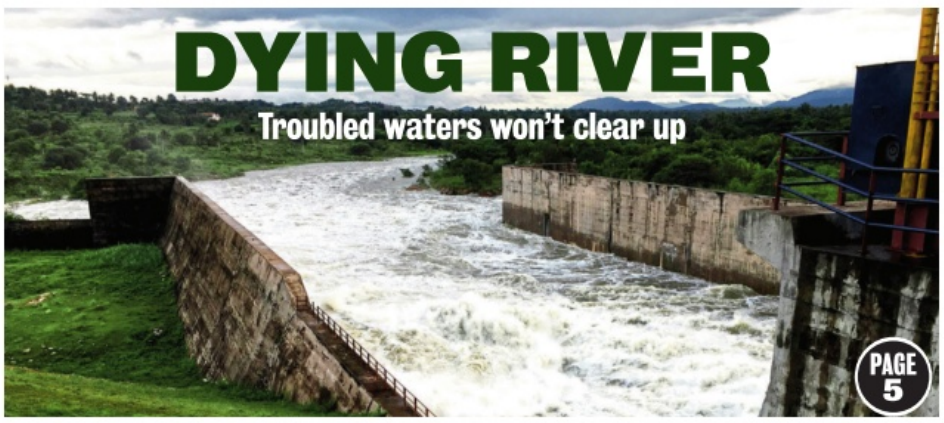

Only 40% of waste in Phase I of Mandur landfill bio-mined so far while Phase II is still in tender stage

LEGACY OF WASTE

Landfill closed in 2013 with 20 lakh tonnes of legacy waste

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Residents of Mandur will have to wait for at least three more years for the bio-mining of legacy waste at the landfill to be completed.

According to Bengaluru Solid Waste Management Ltd. (BSWML), while only 40% of the waste in Phase I of the landfill has been bio-mined so far, Phase II of the project is still in the tender stage.

"Around 4 lakh metric tons of waste in Phase I of Mandur have been bio-mined and another six lakh metric tons of waste is left to be sorted. It will take another nine months to complete Phase I. Work on Phase II of Mandur is yet to start. We floated the tender recently and have received three bids. These will be put in front of the committee for evaluation after the general elections," said Basavaraj Kabade, chief general manager, BSWML.

Mandur landfill has two parcels of land in Mandur, totalling to 135 acres. The landfill was closed down in 2013 after Bruhat Bengaluru Mahanagara Palike (BBMP) dumped mixed waste for nearly six years,

CONTINUED ON PAGE 8 »

> "Around 4 lakh metric tons of waste in Phase I of Mandur have been bio-mined and another six lakh metric tons of waste is left to be sorted"
>
> — Basavaraj Kabade, chief general manager, BSWML

Drain check

15-day programme to clean drains in the city as part of monsoon preparations, says chief engineer

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The state of storm water drains and roadside drains indicates the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities are yet to pull up socks to ensure no stagnation or flooding in the city during the onset of monsoon.

In a knee jerk reaction to the unfortunate incident that claimed the life of an engineer at KR Circle underpass in May last year, the BBMP authorities announced many plans to upgrade underpasses in the city. Though the BBMP did some work at a few underpasses, many underpasses crave attention.

"I don't think that the BBMP did anything to keep the roadside drains free from garbage. Most of the roadside drains in and around Benson Town need improvement. Some of the concrete slabs on the roadside drains are missing," said a citizen from Benson Town.

Likewise, the condition of roadside drains at Kudlu is far from satisfactory. "The BBMP engineers have forgotten the existence of the roadside drains that are filled with garbage. It will wreak havoc

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Fashion and artefacts

Explore and shop from the variety of handicrafts, handlooms, jewellery, sarees, and more at "Utsav Rajasthan Grameen Mela," an exhibition and sale organised by Maaruthi Enterprises. The exhibition brings together rural artisans from the eastern part of India, featuring vast collections of cotton and silk handlooms, earrings and kurtas, marbles, artefacts, Orissa tie and dye, dress material and sarees, Bengali pure cotton dresses and sarees, Saharanpur wood carvings, Rajasthan and Uttar Pradesh bed rugs, Kalamkari sarees and fabrics, Mul Mul, Chanderi, and many more. **When: April 24 to May 3, 10 am to 9 pm; Where: Banashankari Mahila Samaja**

02 Your vote, your treat

A perfect treat for voters of the city! In a proactive stance to encourage voter turnout, Cafe Muziris is launching an election awareness campaign offering a flat 50% on all orders exclusively to customers who confirm that they have voted. This initiative aims to incentivise civic responsibility while fostering a sense of community engagement among patrons. In addition to its election-focused initiative, it is treating guests to a week-long series of launch events featuring live music, art displays, and tantalising culinary offerings.
When: April 26 to 28; Where: Cafe Muziris

Financial aid by Nisvartha Foundation

To provide financial help, Nisvartha Foundation is seeking applications from economically disadvantaged students who hold a Below Poverty Line (BPL) card and have achieved a score of 93% or higher in PUC during the AY 2024–25. These students should be interested in pursuing higher education, including graduation, engineering, medicine, etc. Individuals who meet the aforementioned criteria can access, fill in the necessary details, and submit the application form on the foundation's website at www.nisvartha.org. Upon reviewing the applications, representatives from the foundation will contact eligible students directly, a release stated.

NISVARTHA
SPREAD THE LIGHT

Festive energy

A huge crowd of devotees gathered at the premises of Dharmaraya Swamy Temple on Tuesday to witness the annual Karaga Shaktyotsava procession that culminates the nine-day-long Bengaluru Karaga festival

PIC: KAUSHIK JN

Imposter at large: Don't fall for fake degree programmes

UGC guides people, advises to verify the legitimacy of online courses

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UGC flagged fake online programs with misleading abbreviations like BBA, MBA, etc

If you're being offered the opportunity to complete an MBA course in only 10 days, there's definitely cause for suspicion. The University Grants Commission has flagged fake online programmes with misleading abbreviations, like BBA, MBA, etc. A UGC circular states that certain individuals and organisations are offering online courses with acronyms resembling recognised degree programmes in higher education. "One such programme that has raised concerns is called '10 Days MBA'," said an official.

The official said that the naming conventions of degrees, including their abbreviated forms, duration, and entry qualifications, are specified by the UGC with prior approval from the Central Government and published in the official Gazette. "Moreover, only a university established or incorporated under a Central Act, Provincial Act, or State Act, or an institution deemed to be a university or specifically empowered by an Act of Parliament, has the authority to grant degrees. Higher education institutions must also seek approval from the UGC to offer any online degree programmes per UGC Regulations. A list of recognised HEIs permitted to offer and offering online programmes is accessible on www.deb.ugc.ac.in. Thus, stakeholders are advised to verify the legitimacy of online programmes before applying or enrolling," he added.

The Commission has made a decision regarding the necessity of prior approval/recommendation/NOC from AICTE for offering programmes in ODL and/or Online mode from the academic year 2024–25. According to the UGC (ODL Programmes and Online Programmes) Regulations, 2020, HEIs must obtain prior approval or recommendation for programmes within the jurisdiction of respective regulatory authorities or regulatory councils for ODL and/or Online Mode programmes when submitting an application to the Commission. In light of this, the Commission, in its 578th meeting on March 13, deliberated on a letter from AICTE concerning approval or recommendations for State/Private Universities offering professional programmes in Technical and Management education in ODL/OL mode. After thorough discussions, the Commission concluded that State, Central, or Private Universities do not require prior approval/recommendation/NOC from AICTE for offering programmes in ODL and/or Online mode as per the above-mentioned UGC Regulation. Consequently, these universities are exempt from seeking AICTE approval along with their application to UGC for offering undergraduate, postgraduate, and PG diploma programmes in Management, Computer Application, and Travel and Tourism in ODL and/or Online mode. However, Deemed-to-be-Universities must still obtain prior approval, recommendation, or NOC from AICTE before submitting their applications to the Commission for such programmes in ODL and/or Online mode, stated the official notice.

> **"There are fake online courses that resemble recognised degree programmes; one such programme that has raised concerns is called '10 Days MBA'** – Official

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Around 100 rainwater pits to be desilted by end of May in Whitefield

Whitefield citizens collaborate to restore rainwater harvesting systems for sustainable water management

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A unique programme has been launched in Whitefield to increase the groundwater table and utilise rainwater effectively. The programme aims to remove silt from rainwater pits that were dug up but forgotten. If successful, around 100 rainwater pits are expected to be silt-free by the end of next month.

The management of Sumadhura Group, in association with Inner Wheel Club Bangalore IT Corridor, has undertaken the task of desilting rainwater harvesting pits in the Whitefield area. This initiative is a crucial step towards ensuring the well-being of the community's residents and addressing the water scarcity issue that has affected Bangalore recently. Many residents have expressed appreciation for the effort to desilt rainwater pits. Col Divakaran, a resident of Seegehalli, praised the initiative, stating, "Desilting of rain harvesting pits is done at my home. The team did a wonderful job. It's a much-needed service. High gratitude to Sumadhura and the Inner Wheel Club."

The Sumadhura team will conduct a thorough assessment of the existing rainwater harvesting pits to identify those in need of desilting. They will use appropriate equipment and techniques to desilt the identified pits, removing any accumulated sediment and debris. Additionally, any defunct borewell near the recharging pit will be connected to enhance groundwater levels.

"The positive impacts of desilting these rainwater harvesting pits are numerous and far-reaching. Desilted pits will be able to collect and store more rainwater, thereby increasing the availability of water for the community. Clean and desilted pits will ensure that the collected rainwater is free from contamination and safe for use. By conserving rainwater through desilting, we can help alleviate the water scarcity issues exacerbated by recent drought conditions in Bangalore," Divakaran said.

> **"Desilted pits will be able to collect and store more rainwater, thereby increasing the availability of water for the community**
> – Col Divakaran, resident of Seegehalli

"We urge all residents to join us in this campaign for the well-being of our community and the sustainable management of our water resources. Together, we can make a positive impact in the coming years and create a more water-secure future for Bangalore. Our target is to desilt over 100 rainwater pits by the end of May," said Jeevana K, CSR Head, Sumadhura Foundation.

Shantha Divakaran, President of the Inner Wheel Club of Bangalore IT Corridor, stated that the desilting programme aims to improve the efficiency of rainwater harvesting systems by removing accumulated silt and debris from the pits. "The silt is also used as manure for the plants, thus recycling and reusing it effectively. We believe that this initiative will not only benefit our communities but also contribute to sustainable water management practices in Bangalore. We express our gratitude to Sumadhura for giving us this opportunity to join hands with them for such an impactful service to society," said Shantha Divakaran.

Rainwater pits being desilted

Shadow gone
Students observe the Zero Shadow Day, at Jawaharlal Nehru Planetarium in Bengaluru on Wednesday. Zero Shadow Day is a celestial phenomenon that takes place twice every year and on this day the sun aligns perfectly and does not cast a shadow of vertical objects

India's manufacturing sector sees 7% graduate job surge

India's manufacturing industry's intent to hire fresh graduates has jumped to 48 per cent in the first half (January-June) of 2024, an increase of seven per cent from 41 per cent in July-December 2023, a new report showed on Wednesday.

According to learning and employability solutions provider TeamLease EdTech, this surge coincides with boosted capital investments and increased merger and acquisition activities within the automobile, electronics, and textile domains. "As investments pour in and technological advancements reshape production processes, there's a palpable sense of momentum driving the sector forward. This presents an exciting opportunity for young talent to contribute meaningfully to India's industrial resurgence," said Shantanu Rooj, Founder, and CEO of TeamLease Edtech. The report contains 377 companies of various sizes operating in 18 different sectors throughout India.

Key roles in demand include product designers, automation engineers, embedded engineers, mechanical engineers, and quality assurance assistants. As per the report, Bengaluru emerged as a hotspot for automation engineers, with a 61 per cent demand for professionals in this field. Meanwhile, Chennai leads in the demand for embedded engineers, with 56 per cent of companies actively seeking talent in this domain. Hyderabad and Gurugram stand out as preferred destinations for mechanical engineers, capturing 50 per cent and 47 per cent of the demand, respectively. – IANS

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Messy road
Nagarabhavi

The road at RBHS Layout near Kappi Katte, 4th Cross, 4th Main, Nagarabhavi has not been swept or cleaned for many months, so immediate action is required.

Leaky culvert
Chord Road

The issue of water leakage in the culvert in front of Focus Diagnosis on the west side of Chord Road Service Road has persisted for a long time.

Cover blown
Brunton Road

The cover of a manhole at Brunton Road Cross is broken. Despite numerous complaints, no action has been taken to fix it, thereby posing danger.

Eyes on the road! 35,254 opted to stay glued to phone

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The Traffic Police have registered 35,254 cases in 2024 over the use of mobile phones while driving. A senior police official told BM that it is difficult to enforce laws against using phones while driving.

"We are registering a few cases of people using mobile phones while driving. It is very difficult to catch people disobeying the mobile phone rule. However, we are mostly enforcing from evidence like field traffic violation reports," he said.

He added that such enforcement has also given rise to several corruption allegations by the people.

"People can only be caught on special drives, in the presence of an officer if we want to make it corruption-free and transparent," the official added.

BM also talked to citizens who said they have witnessed accidents because the persons behind the wheel are busy watching videos on the phone while driving. "A week ago, the auto I was in got into a minor accident because the driver was on a call and not paying attention. I told him multiple times to pay attention to the road and not speed, but he didn't listen," said a citizen.

Another added that she often sees her bike taxi driver watching videos while driving. "Bengaluru roads are already congested, and everyone is speeding. In this traffic, people decide to talk on the phone, listen to music, and watch videos. I understand that most of them are gig workers or techies who are tired after leaving work and then they have to drive for hours to reach home. But boredom is not an excuse to put your or others' lives in danger," added Sadhna M.

Citizens also say that they see everyone on the phone during traffic jams or at signals.

"Everyone these days has a mobile holder on their bike, auto, and cars for navigation. But as long as you are using it just for navigating, there is no problem. The problem starts with video calls at busy junctions. This is especially the case with bike taxi drivers; they are always on video calls and ride recklessly," said a citizen.

Arkavathi's troubled waters won't clear up

Surge in BOD value that indicates severe pollution at TG Halli reservoir stretch is especially bad news for Bengaluru

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TG Halli reservoir

Experts blame high level of pollution on poor regulatory mechanisms in place and allege that the state pollution control board has not been able to bring down pollution levels as it has not taken action against culprits

The water quality of Arkavathi River has failed to make any upward strides in recent years. The river stretch at TG Halli Reservoir has now recorded an all-time high value of Biological Oxygen Demand (BOD), indicating highly polluted water.

The recent water quality report of the river by Karnataka State Pollution Control Board (KSPCB) shows that the BOD value has gone up to 21, the highest level recorded since the central government's National Water Monitoring Program (NWMP) started in 2018. The BOD value of the river stretch in December 2018 was recorded to be 4 and has gradually increased over the last six years.

The density of biological indicators in the river water, showing high organic pollution, has also surged since 2018. While the total coliform bacteria in 2018 was recorded to be 3,500 MPN/100 ml, it has gone up to 35,00,000 MPN/100 ml in December 2023. The amount of fecal coliform bacteria has also increased multifold. The total fecal coliform level recorded in December 2018 was 300 MPN/100 ml. This has increased to 46,000 MPN/100 ml. Thus, the dissolved oxygen (DO) value has dropped significantly (from 5.2 mg/l in December 2018 to 1.8 mg/l in December 2023).

According to CPCB standards, the BOD level for drinking water sources after conventional treatment and disinfection is 20. The permissible level of fecal coliform bacteria in water bodies considered suitable for bathing, contact water sports, and commercial fisheries is 100 MPN/100 ml. Similarly, in water bodies suitable only for industrial cooling, aesthetics, navigation, and controlled waste disposal, the permissible level of fecal coliform bacteria is 500 MPN/100 ml.

Ecologists say a high BOD value indicates high levels of pathogenic bacteria indicating eutrophic conditions. This implies that water is not potable and houses unhealthy aquatic animals and plants.

They say if the BOD value is consistently high and increasing over time, measures should be taken to improve water quality.

"While high BOD is an outcome of a stagnant river stretch and should improve during the monsoon and summer season, the increase in the value over the last few years during a given season is worrisome. However, authorities must bear in mind that stagnant water also leads to the growth of invasive species, further depleting the dissolved oxygen and creating a conducive environment for certain types of exotic species, hampering biodiversity overall," said a city-based ecologist.

Experts highlight that while coliform bacteria found in the soil, in water, and in human or animal waste do not usually cause any serious illness themselves, their presence indicates the presence of other pathogenic organisms of fecal origin.

On the other hand, the presence of Fecal Coliform indicates that the water has been contaminated with the fecal material of humans or other animals. Fecal coliform bacteria enter rivers through the direct discharge of human sewage.

Experts blame the high level of pollution on poor regulatory mechanisms in place.

They allege the state pollution control board has not been able to bring down pollution levels as it has not taken action against the culprits.

"KSPCB has become a monitoring agency, instead of a pollution control body. The idea behind NWMP and other such programs is not just to monitor the pollution level but to also mitigate it. The board must take action under the Polluters Pay Principle and should also come up with location-specific recommendations to improve water quality. Contamination of rivers is not just from untreated sewage but also from industries and agricultural runoff," said V Ram Prasad, founder, Friends of Lakes.

House-hunt turns violent extortion trap

A student who was house-hunting was abducted and subjected to torture in order to extort money. The perpetrators, believed to be college students, inflicted burns on the victim using lit cigarettes. This incident also revealed the presence of two rival gangs within the college, known for their violent clashes. During his search for apartments on a house rental portal, the victim, identified as Krishna Bajpayee, was followed by a group of seven individuals. Upon entering an apartment, he was immediately restrained and assaulted. Additionally, allegations suggest that Krishna was stripped naked and recorded on video. The Kodigehalli Police have apprehended seven suspects in connection with this heinous crime.

Neha murder: Accused sent to CID custody

The accused in the murder case of Neha Hiremath, daughter of Niranjan Hiremath, a Congress councillor in the Hubballi Dharwad Municipal Corporation, was sent to 6 days of Criminal Investigation Department (CID) custody.

On April 18, Neha, 21, was stabbed to death allegedly by her former classmate, Fayaz Khodunaik, on the campus of KLE Technological University, Hubballi-Dharwad, where she was a first-year MCA student. The police arrested Fayaz within hours of the incident and produced him before a magistrate, who sent him to 14-day judicial custody. The CID, however, took Fayaz's custody on Wednesday and was also granted 6 days of custody. He was later brought to Hubballi from Dharwad. While police investigation suggests Neha and Fayaz were in a relationship, her family members have said that he was pestering her and that she had rejected his marriage proposal.

Congress Councillor of Hubballi-Dharwad Municipal Corporation and father of Neha, Niranjan Hiremath, has demanded the death penalty for the accused. "Today he (Congress leader Randeep Singh Surjewala) came and said that they are with me. I thank him for coming. He said that the case would be heard in a fast-track court. I demand that he (the accused) should be given the death penalty," Hiremath said. —ANI

Bengaluru all set to vote tomorrow

Bengaluru North has highest no. of voters in state with 32,15,261

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Bengaluru is gearing up for the 2024 Lok Sabha polls, with votes to be cast tomorrow. The outdoor publicity ended on Wednesday evening, with the political parties and candidates making their last-ditch efforts to woo voters in public. Karnataka will vote in two phases. In the first phase, with 32,15,261, Bengaluru North has the highest number of voters in the state, followed by Bengaluru Rural (28,02,956), Bengaluru Central (24,34,254), and Bengaluru South (23,41,895).

Overall, 2,88,19,342 voters are eligible to vote in the first phase and 2,59,52,958 voters in the second phase. In the second phase, with 20,98,202 voters, Gulbarga constituency has the highest number of electors, and the lowest number of electors are from Uttara Kannada (16,41,156).

This election, the polling officers will apply indelible ink to the left-hand index finger. Additionally, to facilitate electors' participation in the electoral process, the government of Karnataka has issued a notification declaring a general holiday tomorrow for all government officers, schools, colleges, and public sector undertakings. Furthermore, paid holidays as per Section 135B of the RP Act 1951 have been sanctioned for electors working in business enterprises, industries, and other institutions. These directives have been issued under the Negotiable Instruments Act of 1981.

An official said that the orders have been issued under Section 144 of the Criminal Procedure Code, 1973 (CrPC), imposing a ban on unlawful assemblies and prohibiting public meetings during the 48-hour period ending with the poll closing time in areas and constituencies undergoing elections. A dry day has also been declared, and no loudspeakers are permitted for political campaigns within the 48-hour period before the closure. "During election campaigns for general elections to parliamentary constituencies, political parties often mobilise supporters from outside the constituency. However, guidelines have been put in place to ensure that after the campaign period, non-voters brought from outside do not continue to stay within the constituency, as their presence may influence the atmosphere for a free and fair poll. To enforce these guidelines effectively, the election and police administrations are authorised to take various measures. These may include checking venues like community halls where such individuals are housed, verifying lodges and guesthouses, setting up check-posts at constituency borders to monitor vehicular movement, verifying the identity of individuals to establish their voter status, and informing all stakeholders, including political parties and candidates, about compliance," he added.

File photo of home guards waiting to take up Lok Sabha election duty charge at the DC's office at Seshadri Road on Tuesday

Additionally, strict guidelines are in place to ensure fair practices regarding election booths set up by candidates on poll day. An official said, "Guidelines include the prohibition on setting up booths within 200 metres of a polling station, obtaining written permission in advance, adhering to size and location restrictions for banners and flags, and using booths solely for issuing unofficial identity slips to electors. Violations of these directives are viewed seriously by the Election Commission, with stringent actions taken against offenders. Additionally, no electioneering is allowed within a 200-metre radius of polling stations on the polling day to maintain a neutral and fair voting environment. These measures are crucial for upholding the integrity and fairness of the electoral process."

Meanwhile, poll violations still continue. According to the election commission, a total of 2,066 FIRs have been filed by flying squads, SSTs, and police authorities concerning seizures of cash, liquor, drugs, precious metals, and freebies.

Citizens' group sets up 24×7 call centres

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In a concerted effort to uphold the essence of democracy, citizens of Bengaluru have joined forces under the banner of the Reclaim Constitution initiative. Spearheaded by the Reclaim Constitution Team (RCT), this movement aims to eliminate barriers to voting and empower citizens to participate in shaping their collective future by exercising their right to vote.

To facilitate this goal, RCT is establishing a dedicated 24×7 call centre, operational from Thursday. "The purpose of this initiative is to assist citizens in locating their names on the voter list, addressing common issues such as changes in residence, discrepancies in identification, and other challenges that may hinder them," said Tauseef Ahmed from RCT.

"We want people to vote in huge numbers, and hence we are carrying out this initiative," emphasised Mohammad Ismail from RCT. He said that the team will help in addressing the gap where voters are unable to find their names on the list.

Furthermore, the team is leveraging technology to maximise outreach and accessibility. Through the voter helpline app, individuals can easily locate their names on the voter list, providing a streamlined solution to an otherwise daunting task. Additionally, voter slips will be issued well in advance, ensuring that citizens have all the necessary information regarding their polling booth location and other pertinent details. On the day of polling, dedicated volunteers will be stationed at polling centres to provide assistance and guidance to every citizen. But the efforts don't stop there; the volunteers will also embark on door-to-door campaigns on election day, encouraging residents to exercise their right to vote and emphasising the importance of active civic participation. In a world where democratic values are constantly tested and challenged, the act of voting stands as a beacon of hope and empowerment. It is not merely a right; it is also a duty. Every vote matters, and every voice deserves to be heard.

Bengaluru Rural, Mysuru polling stations to be webcast

As Karnataka gears up for the first phase of the Lok Sabha elections tomorrow, the Election Commission said on Wednesday that all the polling stations in the Bengaluru Rural and Mysuru constituencies will be webcast.

As of now, a total of 189 cases have been booked against political parties or candidates for major violations under the Model Code of Conduct (MCC). Addressing a press conference, Karnataka Chief Electoral Officer Manoj Kumar Meena said 1.4 lakh polling officials will be on duty at the 30,602 polling stations across the 14 constituencies that are going for polls in the first phase. Besides them, 5,000 microobservers, 50,000 civil police personnel, and 65 companies of the Central Parliamentary Force and State Armed Police Force of other states will also be deployed for security at these polling stations, he said.

"All the 2,829 polling stations of Bengaluru Rural parliamentary constituency will be 100 per cent webcast. This is as per the request of our returning officers and observers, so we have given more than double the central parliamentary force for this constituency. Seven companies of central paramilitary forces have been inducted at the constituency since April 22," Meena said.

File photo of liquor shops being sealed and shut on Wednesday

19,701 polling stations out of 30,602 will be webcast, while 1,370 will be covered via CCTV, he said. Of the 189 cases booked, 23 are related to hate speeches, 28 to inducement, and 15 to misuse of religious places, among other MCC violations, the official said.

Listing out the alleged MCC violations by political parties, he said that for hate speech, 12 cases have been booked against the BJP or its candidates, nine cases against Congress, and two cases against JD(S). In connection with inducement, eight cases have been filed against BJP, nine against Congress, three against JD(S), and eight against independent candidates or "unrecognised" political parties. For misuse of religious places, eight cases have been booked against BJP, six against Congress and one against an independent candidate. For using children for canvassing, seven cases each have been booked against BJP and Congress and one against an independent candidate.

The 14 segments facing polls in the first phase are: Udupi-Chikkamagalur, Hassan, Dakshina Kannada, Chitradurga, Tumakuru, Mandya, Mysuru, Chamarajanagar, Bengaluru Rural, Bengaluru North, Bengaluru Central, Bengaluru South, Chikkballapur, and Kolar. There are a total of 2,88,19,342 electors in these constituencies: 1,44,28,099 male, 1,43,88,176 female, and 3,067 third gender, according to the poll body.

The Centre cannot hold: Report reveals gloomy state of federalism

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A report on the state of federalism in the past 10 years, prepared by civil society organisation Bahutva Karnataka was released on Wednesday. The detailed analysis dives into various aspects such as cooperation between the Centre and states, and the policies that are been brought to undermine federalism.

"Over the past 10 years, the Union government has made repeated reference to 'double engine sarkar' or BJP governing both the Centre and the state as an ideal. The implication that an opposition governed state government will be at a disadvantage is in direct violation of the principles of federalism enshrined in the Indian Constitution," the report notes.

Further, under Central schemes that have reduced the role of states and increased credit for the union, the report discussed centrally sponsored schemes like NREGA or Awas Yojana which are jointly funded by the Centre and states with state and local administrations responsible for implementation. "But, in the last 10 years' decisions are increasingly top-down, negatively impacting the functioning of local municipalities and Gram Sabhas. For instance, post-Covid, the central government started the PM-SVANIDHI scheme to give loans to street vendors as they were in crisis.

The scheme and its operation is controlled by the Centre with no role for municipalities or state governments. Once again this is in violation of federal principles and undermines effective governance. Similarly for PM Janarogya Yojana, the Government of Karnataka contributes 77.97%, but the credit goes entirely to the Centre," the report said.

In the context of Karnataka, the report said, "A high per capita income state like Karnataka which contributes

File photo of testing during weekend lockdown during a wave of covid

the third largest proportion of taxes, and cross-subsidies less well off states has seen a shortfall in its tax revenue share since the introduction of GST. Despite 223 out of its 236 taluks reeling under drought, the Centre has not released a single rupee of the Rs 17,900 crore sought for drought relief from the National Disaster Relief Fund." It noted in 2023, direct sale of rice and wheat to states from the central pool was abruptly discontinued, making it difficult for Karnataka to implement its flagship Anna Bhagya scheme.

"A special grant recommended by the 15th Finance commission for Karnataka has not been paid. It has not received funds for projects such as the Upper Bhadra irrigation project, despite announcements made in the Union Budget. In effect, an economic powerhouse state, generating jobs and wealth, while also reducing its population, is being penalised," the report says.

The report has also recorded several major policies and laws in the last 10 years that have been passed in haste and with little discussion, debate or consultation with states leading to deaths. It highlighted that demonetisation led to over 100 civilian deaths, the abrogation of Article 370 resulted in 131 between 2019 and 2022 (civilian deaths only) and the Citizenship Amendment Act (CAA) led to over 35 deaths. Along with this, the first national lockdown (non covid deaths) resulted in 989 deaths from March 2020 to July 2020 (23% due to financial distress and 21% due to accidents), the farmers' protests over farm laws resulted in at 702 civilian deaths and imposition of Aadhaar in welfare schemes has led to 27 deaths between 2015 and 2020.

The report also brought light towards "the looming shadow of delimitation."

"A nationwide delimitation exercise (the redrawing of parliamentary constituencies on the basis of changes in population) is on the anvil following the next census in 2026. Southern states have done well, reducing fertility rates and controlling their population. Unfortunately, rather than being appreciated, delimitation will punish them," the report cautioned.

Never-seen-before Ravi Varma painting to be unveiled at B'luru show

On the occasion of the 176th birth anniversary of Raja Ravi Varma, the Travancore royal and artist designated as a national treasure, the Raja Ravi Varma Heritage Foundation will present 'Daughter of Providence' — a first-of-its-kind exhibition on the life and times of Maharani Sethu Lakshmi Bayi (1895-1985), the last ruling queen of Travancore and the artist's eldest granddaughter.

The exhibition will be on display from April 29 (the artist's birth date) to May 30 at the Raja Ravi Varma Heritage Foundation in Bengaluru.

Backed with research and documentation by the historian and author of the award-winning book, 'The Ivory Throne: Chronicles of the House of Travancore', Manu S Pillai, the show's centrepiece will be a never-before-seen original oil painting of Maharani Sethu Lakshmi Bayi as a three-year-old child, painted by her grandfather Raja Ravi Varma as a gift to her.

The exhibition will also showcase a collection of photographs of Maharani and her life, narrated visually in different chapters.

An oil painting by Maharani's first granddaughter, Bharani Thirunal Rukmini Bayi Thampuran, who's also the Chairperson of the Raja Ravi Varma Heritage Foundation, will be on display as well. **IANS**

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Rain check: State of drains in the city

CONTINUED FROM PAGE 1

during the monsoon if these drains are not cleaned. Some of the concrete slabs on the drain are broken," said Sandeep Kumar Singh, a resident of Kudlu, adding that it would be difficult for pedestrians to walk on the footpath-cum-drain during the monsoon.

Expressing the similar opinion, Bharath TK, a resident of Murugeshpalya, said the BBMP engineer did not take measures to remove silt and garbage from the roadside drains. "Roads will be flooded due to the silt and garbage in roadside drains during the monsoon. The BBMP must remove silt and garbage before the onset of monsoon. It will avoid inconvenience to the pedestrians," he said.

Stating that Bengaluru's monsoon preparedness stands at a critical juncture, Vinod Jacob, general manager, Namma Bengaluru Foundation,

said the threat of flooding is looming due to neglected storm water drains and choked lakes.

"The accumulation of silt and waste in these crucial systems severely impacts their capacity to handle rainfall, putting the city at risk. Urgent action is needed to clean storm water drains and carriage way drains to prevent flooding," said Jacob.

He said that equally important is the cleaning of lakes and ensuring their entry and exit points are clear to manage water levels effectively. "The current lack of progress in these areas is a cause of concern, and authorities must act swiftly and decisively to address these issues. The monsoon is fast approaching, and time is of the essence. Bengaluru's resilience to heavy rainfall depends on proactive measures taken now," he said.

Meanwhile, BBMP chief engineer BS Prahlad said the civic body has been taking all measures to remove silt from roadside drains. "We are implementing a 15-day programme to clean the drains in the city as part of monsoon preparations," the chief engineer said.

Waste management: BSWML to rope in IISc

CONTINUED FROM PAGE 1

which led to over 20 lakh tonnes of legacy waste. While work on the first parcel of land (Phase I) began in March 2023, bio-mining on the second parcel was to begin shortly after. However, the process was delayed after BSWML recently landed in a single-bid situation.

The agency had called tenders for bio-mining in Mandur Phase II.

"We had floated a tender for the project a few months ago but received only one bid and thus had to cancel it and recall the bids. So far, we have received three bids and have evaluated them. Once the general election is over, we will table our evaluation in front of the committee for selection," Kabade said.

BSWML to rope in IISc

Apart from Mandur, the civic agency has taken up bioremediation of legacy waste at Laxmipura and Bingipura. To carry out the process, BSWML has decided to consult researchers from the Indian Institute of Science (IISc).

"While Mandur and Mavallipura landfills are above ground and thus suitable for bio-mining, Laxmipura and Bingipura are inside quarry pits. Thus, taking out waste from the pit and conducting bio-mining is not safe and advisable.

The process of bioremediation is yet to be approved by the State-Level Advisory Committee of the Department of Municipal Administration (DMA). Regarding certain clarifications on the process, we have decided to seek expert opinion from IISc. Once we receive approvals for these two sites, the tender process will begin soon," added Kabade.

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Change of Name
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I, PADMA RAGAVEN, D/o Ganeshan Subramanyam, resident at # 8,10th Main, 6th Cross, 4th Phase, 7th Block, BSK 3rd Stage, Gururaja Layout, Padmanabhanagar, Bengaluru-560085, Karnataka, have changed my name as PADMA GANESHAN, vide affidavit dated 23.04.2024, sworn before notary S. Subashini, Bengaluru.

I, Sameera Paisari S/o. Balakrishna Paisari, D.O.B: 12:07:1997, R/o at No. 10, 1st Floor, Central Street, Kumara Park (West), Bangalore - 560020, Karnataka, have changed my name to Sameer Paisari vide affidavit dated: 10.04.2024 before notary G.B. TURAMARI, Bengaluru

I, PARAMJIT GANGULY, S/o Prasanta Ganguly, R/o Flat 3B, Tulip Apartment, Alpine Eco Road, Doddanekkundi, Bengaluru – 560037 have changed my name as PARAMJEET GANGULY, vide affidavit dated 22.04.2024 sworn before notary S.Subashini, Bengaluru.

I, MAHAMAD MUSTHAK, R/a. 14414, Vijaynagar Nagar, New Town, Bangarpet KGF Kolar-563114. I, have changed my name to, MUSHTAQ AHMED, Vide affidavit, dated 20/04/2024 Sworn before Notary M. Rajendra Bangalore

I, Savithakumari Belagumba Ramachandra w/o Ramesh Menasinganahalli Kempegowda r/o No. 1102, 3rd Block Sir M V Layout Ullal Road, Bengaluru - 560056, Have Changed My Name to Savitha Ramesh for all Purposes.

I Syamala Vengola W/O, Prakashan Puthanveedu R/o Srivalsam, No.1, 1st Main Road, Kamadhenu Street, A Narayanapura, Udayanagar, Bangalore 560016 have changed my name to Syamala Prakash.

I, Nagaraju G S S/o Suresh G, R/at # 1013/1, 1st H Main, 8th Cross, Sri Raghavendraswamy Mutt Road, Girinagar 2nd Phase, Bengaluru 560085, have changed my name to G S Nagaraj Bhat for all purposes

I Uzma Parveen W/O, Abdul Wajid Khan R/o #5a/6 3rd Cross Pemme Gowda Street Behind Mubarak Masjid Munnireddy Jc Nagar Bangalore 560006 have changed my name to Uzma Wajid.

I, Dasharath Balighatta Ramegowda S/o Ramegowda, R/at # 22-1,Balighatta, Pandavapura Taluk, Melukote Hobli, Mandya District, 571431 have changed my name to Dasharath, for all purposes

I G.Natarajan S/o R.Gopalan, Bangalore, changed my name in my daughter's birth certificate from Natarajan to G.Natarajan for renewing my daughter's passport and for all future purposes.

I, Rajalakshmi w/o K N Suresh R/at #316,2nd A cross,VBHC 1st Phase, Girinagar Bengaluru 560085 have changed my name to Rajalakshmi Subramanyam for all purposes

I, Arvind Rajagopalan Nair R/o HD-104, Purva Whitehall Apartments, Sarjapur Road, Kaikondahalli, Bengaluru 560035 have changed my son's name from Avyaan to Avyaan Nair for all future purposes. Vide affidavit date 11/03/2024 at Gandhidham, Gujarat.

I Sona Roy w/o Roy Thomas R/o Flat No. 1A, Saraswathi Apartment, Patel Seethappa Colony, Bengaluru 560075 have changed my name from Saramma Luckose to Sona Roy vide affidavit dt. 18.04.2024 at Bangalore

I, Mohmed Rafi D T R/o #504, 12 Block, Heritage Estate, Doddaballapur Road, Yelahanka, Bengaluru, Karnataka- 560064 have changed my minor daughter's name from Myrah Shaaz Rafi Dibbadhalli to Myrah Shaaz Rafi.

I, Amit Hareshlal Sachdev R/O # Bhuvi by Amsha, B 402, Kadubessanhalli, Bangalore have changed my name to Amit Haresh Sachdev

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Your progeny are what you eat

Nutrition that you get could alter your unborn children, grandchildren's genes and health outcomes

Within the last century, researchers' understanding of genetics has undergone a profound transformation. Genes, regions of DNA that are largely responsible for our physical characteristics, were considered unchanging under the original model of genetics pioneered by biologist Gregor Mendel in 1865. That is, genes were thought to be largely unaffected by a person's environment.

The emergence of the field of epigenetics in 1942 shattered this notion. Epigenetics refers to shifts in gene expression that occur without changes to the DNA sequence. Some epigenetic changes are an aspect of cell function, such as those associated with aging.

However, environmental factors also affect the functions of genes, meaning people's behaviors affect their genetics. For instance, identical twins develop from a single fertilized egg, and as a result, they share the same genetic makeup. However, as the twins age, their appearances may differ due to distinct environmental exposures. One twin may eat a healthy balanced diet, whereas the other may eat an unhealthy diet, resulting in differences in the expression of their genes that play a role in obesity, helping the former twin have lower body fat percentage.

People don't have much control over some of these factors, such as air quality. Other factors, though, are more in a person's control: physical activity, smoking, stress, drug use and exposure to pollution, such as that coming from plastics, pesticides and burning fossil fuels.

Another factor is nutrition, which has given rise to the subfield of nutritional epigenetics. This discipline is concerned with the notions that "you are what you eat" – and "you are what your grandmother ate." In short, nutritional epigenetics is the study of how your diet, and the diet of your parents and grandparents, affects your genes. As the dietary choices a person makes today affects the genetics of their future children, epigenetics may provide motivation for making better dietary choices.

Two of us work in the epigenetics field. The other studies how diet and lifestyle choices can help keep people healthy. Our research team is comprised of fathers, so our work in this field only enhances our already intimate familiarity with the transformative power of parenthood.

A story of famine

The roots of nutritional epigenetics research can be traced back to a poignant chapter in history – the Dutch Hunger Winter in the final stages of World War II.

During the Nazi occupation of the Netherlands, the population was forced to live on rations of 400 to 800 kilocalories per day, a far cry from the typical 2,000-kilocalorie diet used as a standard by the Food and Drug Administration. As a result, some 20,000 people died and 4.5 million were malnourished. Studies found that the famine caused epigentic changes to a gene called IGF2 that is related to growth and development. Those changes suppressed muscle growth in both the children and grandchildren of pregnant women who endured the famine. For these subsequent generations, that suppression led to an increased risk of obesity, heart disease, diabetes and low birth weight. These findings marked a pivotal moment in epigenetics research – and clearly demonstrated that environmental factors, such as famine, can lead to epigenetic changes in offspring that may have serious implications for their health.

> **Motivation is key for making lifestyle changes, especially those that involve food. Family and friends can help as they exert influence on such decisions**

Role of the mother's diet

Until this groundbreaking work, most researchers believed epigenetic changes couldn't be passed down from one generation to the next. Rather, researchers thought epigenetic changes could occur with early-life exposures, such as during gestation – a highly vulnerable period of development. So initial nutritional epigenetic research focused on dietary intake during pregnancy.

The findings from the Dutch Hunger Winter were later supported by animal studies, which allow researchers to control how animals are bred, which can help control for background variables. Another advantage for researchers is that the rats and sheep used in these studies reproduce more quickly than people, allowing for faster results. In addition, researchers can fully control animals' diets throughout their entire lifespan, allowing for specific aspects of diet to be manipulated and examined. Together, these factors allow researchers to better investigate epigenetic changes in animals than in people.

Healthy choices for generations to come

These studies underscore the enduring impact parents' diets have on their children and grandchildren. They also serve as a powerful motivator for would-be parents and current parents to make more healthy dietary choices, as the dietary choices parents make affect their children's diets.

Meeting with a nutrition professional, such as a registered dietitian, can provide evidence-based recommendations for making practical dietary changes for individuals and families.

There are still many unknowns about how diet affects and influences our genes. What research is starting to show about nutritional epigenetics is a powerful and compelling reason to consider making lifestyle changes.

There are many things researchers already know about the Western Diet, which is what many Americans eat. A Western Diet is high in saturated fats, sodium and added sugar, but low in fiber; not surprisingly, Western diets are associated with negative health outcomes, such as obesity, type 2 diabetes, cardiovascular disease and some cancers.

A good place to start is to eat more whole, unprocessed foods, particularly fruits, vegetables and whole grains, and fewer processed or convenience foods – that includes fast food, chips, cookies and candy, ready-to-cook meals, frozen pizzas, canned soups and sweetened beverages.

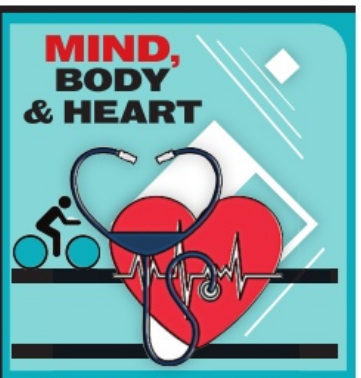
These dietary changes are well known for their health benefits and are described in the 2020-2025 Dietary Guidelines for Americans and by the American Heart Association.

Many people find it difficult to embrace a lifestyle change, particularly when it involves food. Motivation is a key factor for making these changes. Luckily, this is where family and friends can help – they exert a profound influence on lifestyle decisions.

However, on a broader, societal level, food security – meaning people's ability to access and afford healthy food – should be a critical priority for governments, food producers and distributors, and nonprofit groups. Lack of food security is associated with epigenetic changes that have been linked to negative health outcomes such as diabetes, obesity and depression.

Through relatively simple lifestyle modifications, people can significantly and measurably influence the genes of their children and grandchildren. So when you pass up a bag a chips – and choose fruit or a veggie instead – keep in mind: It's not just for you, but for the generations to come.

(By Nathaniel Johnson, University of North Dakota, Hasan Khatib and Thomas D Crenshaw, University of Wisconsin-Madison, The Conversation)



All you need to know about...

Emulsifier risks

Ultra-processed food
Love to binge on ultra-processed foods like cake, biscuits, bread, yoghurt, and ice creams? Beware, these foods rich in emulsifiers like xantham and guar gum may raise your risk of diabetes, finds a study.

What are emulsifiers?
Emulsifiers, the most commonly used additives, are often added to processed and packaged foods to make them look more appealing, boost their taste and texture as well as increase shelf life.

Diabetes risk
The study appearing in The Lancet Diabetes & Endocrinology linked emulsifiers including mono- and diglycerides of fatty acids, carrageenans, modified starches, lecithins, phosphates, celluloses, gums, and pectins to the risk of developing Type 2 diabetes. Previously emulsifiers have been linked to cancers of the breast and prostate.

The study
Researchers from France's INRAE - National Research Institute for Agriculture, Food and Environment studied the relationships between the dietary intakes of emulsifiers, assessed over a follow-up period of 14 years, and the risk of developing type 2 diabetes in a large study including 104,139 adults between 2009 and 2023. They diagnosed about 1,056 cases of diabetes as a result of chronic exposure to some emulsifiers. "These findings are issued from a single observational study for the moment, and cannot be used on their own to establish a causal relationship," explained Mathilde Touvier, Research Director at Inserm, and Bernard Srour, Junior Professor at INRAE -- lead authors of the study. "But the results show elements to enrich the debate on re-evaluating the regulations around the use of additives," they said.

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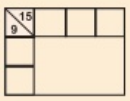
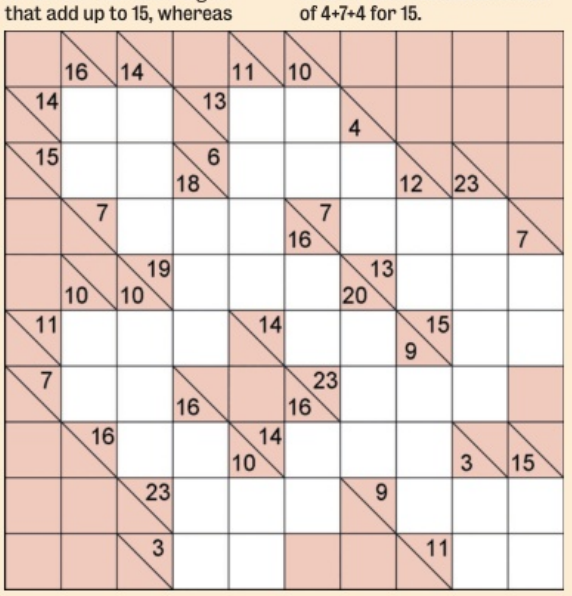
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

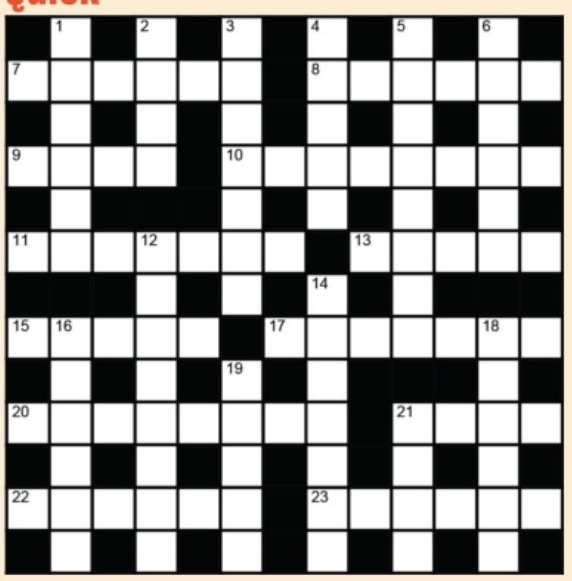


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Gretel's kin (6)
8 Semiconductors with two terminals (6)
9 Devastation (4)
10 Politeness (8)
11 One who gives up (7)
13 Father (5)
15 Evade work (5)
17 Import/export duties (7)
20 Math expression with two terms (8)
21 Chamarajpet has a church dedicated to this saint (4)
22 Seemly; appropriate (6)
23 Mushroom, mould, mildew, etc (6)

DOWN

1 Old time India skipper C.K.___ (6)
2 __ __ example : e.g. ? (2,2)
3 ___ out : obliterated or obscured? (7)
4 Offensiveness (5)
5 Highlight differences? (8)
6 Perceived or felt (6)
12 Business revenue (8)
14 To make void (7)
16 ___ a cab : called a taxi? (6)
18 Cosmetics (4-2)
19 Short song (5)
21 Respiratory organ (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS G

LPX VKXVPQIQ PL NHWZPR RPWJZRC ZQ DPXI KQILKA WJNR RNXXPGRIQQ PL WJP-KCJW HPDSZRIT GZWJ IRIXCB PL GZAA.

Linemaro

I hope your day is as beautiful as you are

Mindchow

It's not what you gather but what you scatter that tells what kind of l ife you have l ived

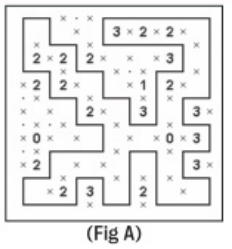
Joke of the day

The fascination of shooting as a sport depends almost wholly on whether you are at the right or the wrong end of a gun

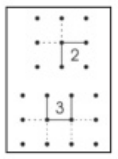
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

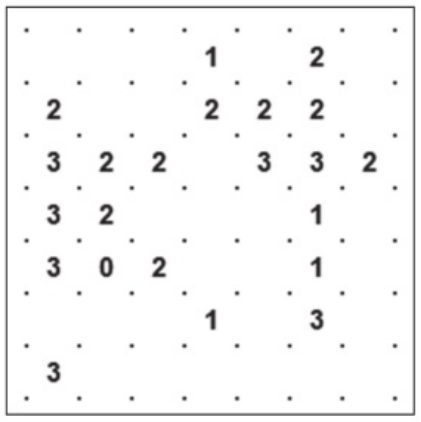


(Fig B) Not Allowed

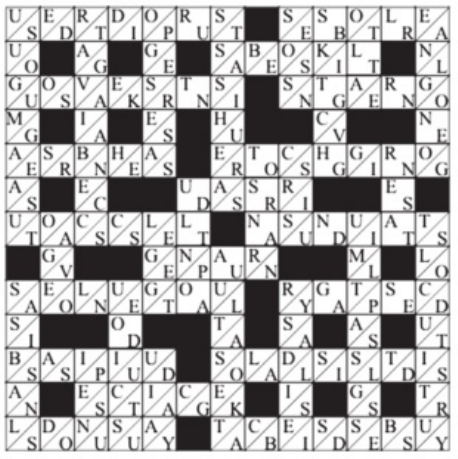
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



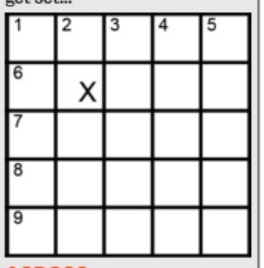
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 SS Ref; 6 Axle l; 7 Cl lit; 8 Panel; 9 Grees

DOWN

1 Slaps; 2 Lie Ex; 3 Crier; 4 LG fin; 5 Tease

Mensapuzzle

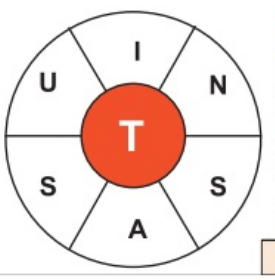
What number should replace the question mark?

63 (97) 49

56 (73) 24

? (36) 54

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

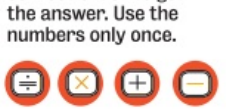
SudokuChallenge

	4				1		9	
7				9	2			3
		3				8		
5	8		9		4			
	9						1	
			2		6		7	5
		9				3		
1			5	2				4
	2		3				6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 6
2 2 2 4

Medium = 21
1 5 6 8

Hard = 4
2 3 8 2

Hocusfocus

Find at least six differences in details between panels.

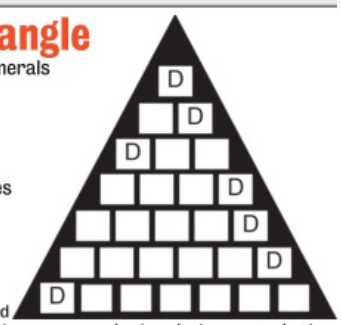
Differences: 1. Woman's leg is moved. 2. Elevator door is not open as wide. 3. Bow tie is missing. 4. Woman's hat is larger. 5. Man is missing. 6. Woman's neckiace is missing.

Riddler

Which European country is surrounded amongst others, the Green, the Orange Blossom, the Tropical, the White and the Sun?

Alpha triangle

1 500 in Roman numerals
2 Editor, abbr.
3 Fourth letter
4 Plant the lawn
5 Alleviated
6 Stopped
7 Mars or disfigures

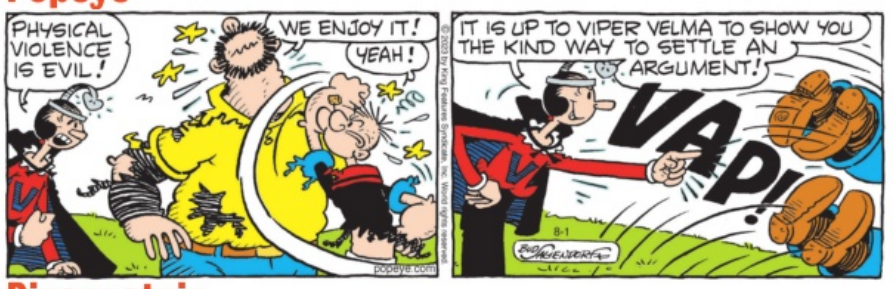


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


PHYSICAL VIOLENCE IS EVIL!
WE ENJOY IT!
YEAH!
IT IS UP TO VIPER VELMA TO SHOW YOU THE KIND WAY TO SETTLE AN ARGUMENT!
VAP!
popeye.com

Bizarrotrip

Diamond Lil

Hart of the city

WHO WANTS TO TURN, AND WHO WANTS TO JUMP?
I'LL TURN!
THIS WAY NO ONE WILL KNOW THAT I DON'T KNOW HOW TO JUMP IN.
DID YOU PICK TURNING JUST CUZ YOU DON'T KNOW HOW TO JUMP IN?
AUGH!!
@OCOMICS.COM/HEARTOFTHECITY

Crankshaft

WHERE'S YOUR DAD?
THE DOCTOR THOUGHT HE COULD USE SOME PHYSICAL THERAPY TO HELP RECOVER FROM THE FALL HE HAD ON THE ICE.
I DON'T SEE WHY THIS IS NECESSARY...
I CAN GO FOR YEARS WITHOUT HAVING TO MOVE MY LEG LIKE THIS!
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dull, have mood swings, and face some health issues. This will affect your day-to-day routine. You may also spend on worthless things, which may affect your financial health. You are advised to avoid rush driving and adventure tours.

Taurus Apr 21 – May 20
Today, you may be detached from your responsibilities and spend more on purchasing worthless stuff, which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals; otherwise, you may be a victim of a conspiracy. It is advised to read documents carefully before submitting your signature.

Gemini May 21 – Jun 21
Today, blessings from elders' may make you happy, and your investments may give you profits. Your savings may boost your bank balance, and losses are now converted into profits. You may plan to invest in your kid's future as well. You may also enjoy some delicious food at home. Problems related to the throat, teeth, ear, or nose may be resolved now.

Cancer Jun 22 – July 23
Today, you are blessed by elders and are likely to spend time with them. You may be very patient, and your focus on work may be very good. Parents' health is better now. You may also meet some influential people who may help you on a professional front. You may also enjoy your romantic moments, which may increase harmony in domestic life.

Leo Jul 24 – Aug 23
Today, you may be spiritual, and you may help needy people around you. You may also plan to donate to a charity or religious place. Your good karma may help you achieve success in your difficult projects. You may feel that some divine power around you may help you in unpredictable situations. You may be attracted to the occult. Students are likely to enjoy studying.

Virgo Aug 24 – Sep 23
Today, you may feel dull. You may be a victim of hidden fear, which may make you scared. You are not in a situation to trust anyone, so it is advised to do meditation and chant some prayers, which may help you come out of this hypothetical situation. With the help of the elder's blessings, you may be able to resolve this messy situation.

Libra Sep 24 – Oct 22
Today, you may be happy and spread happiness around you. You may feel harmony in domestic life by enjoying some romantic moments with your spouse. Your family may help you make important professional decisions. You may expect some new ventures or partnerships in the business or work.

Scorpio Oct 23 – Nov 22
Today, a positive moon may make you happy. You can use your patience at every stage. Your performance may be good on the job, and you may get some incentives in terms of rewards. Health-related issues among family members will be resolved now. Job seekers are likely to find a suitable job in their domain. Lovebirds may enjoy dating.

Sagittarius Nov 23 – Dec 22
Today, you may have mixed situations around you. It is advised not to expect more from anyone around you to avoid disappointment. You may also indulge in self-exploration and self-analysis, which may allow you to filter yourself. After which, you may feel confident and be able to prepare to accept challenges.

Capricorn Dec 23 – Jan 20
Today, you may plan for a change in place, but it is advised to postpone the decision related to migration. It is also advised to avoid investing in business. By late evening, the situation may be under control. With the help of good advice from one of the elders, you may control some messy situations.

Aquarius Jan 21 – Feb 19
Today, you may expect some short business trips. You may also expect to get some rewards for your success in your domain, which may increase your respect. You may hear some good news from your siblings. Job seekers seeking management jobs may succeed in their search. Singles are likely to get engaged.

Pisces Feb 20 – Mar 20
Today is a good day. You are blessed by Jupiter, and your wisdom may help you come out of difficult situations. You may help needy people. You may also give your opinion to your family or friends, which may increase your prestige among them. You may have some differences of opinion with your spouse, which may affect your domestic life.

KIDZONE

Chetana C, 6 Years, Kendriya Vidyalaya

Drithi G Rao, 8 Years, SFS Academy

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

QUOTE UNCODE For purposes of action nothing is more useful than narrowness of thought combined with energy of will.

RIDDLER SPAIN is surrounded by (amongst others) Costa Verde (GREEN), Costa del Azahar (ORANGE BLOSSOM), Costa Tropical (TROPICAL), Costa Blanca (WHITE) and Costa del Sol (SUN).

FAST FIVE

S	E	R	G	E
P	L	E	N	A
L	I	C	I	T
A	X	I	L	E
S	E	R	F	S

BULL'S EYE aunt, saint, satin, stain, stun, suit, SUSTAIN, tuna, unit

STRIKE OUT

S	E	N	S	E	D	S	H	R	O	U	D			
U	O	A	S	P	A	C	I							
B	O	R	A	T	E	N	S	U	R	E				
O	W		R	E	A	D	L	E	S	S				
R	C	A	R	A	N	K	S	A	V	E				
N	Y	E	A	S	T	C	A	R	O	L				
R	S	N	E	E	R	E	D	N						
P	A	T	N	A	N	O	D	E	S	W				
R	O	U	E	S	T	Y	E	L	E	A				
O	N		F	L	E	A		O	D					
T	R	I	V	I	A	L	A	P	P	E	D			
O	N		L	A	P	P	E	D						
N	I	G	H	T	S		E	N	Z	Y	M	E		

QUICK

		D		R		Y		G		P				
		E		C		E		N		U		S		
		L		V		T		I		U		E		
B	I	N	O	M	I	A	L		L	U	K	E		
		A		N		D		L			A			
S	H	I	R	K		C	U	S	T	O	M	S		
				U		D		N		S				
O	U	I	T	E	R		D	A	D	D	Y			
		D		K		M		R		E				
R	U	I	N		C	O	U	R	T	E	S	Y		
		Y		A		I		N		N				
H	A	N	S	E	L		D	I	O	D	E	S		
		N		A		B		O		C		S		

MENSA PUZZLE
2?: In the first row divide every number by 7 to obtain the digits in the second row in the brackets; in the third row divide by 8, and in the third row divide by 9.

SOLVE IN 1M
$\sqrt{[120+44+30+6]} = \sqrt{169} = 13$

SUDOKU

2	4	8	6	3	1	5	9	7
7	5	1	8	9	2	6	4	3
9	6	3	4	7	5	8	2	1
5	8	7	9	1	4	2	3	6
6	9	2	7	5	3	4	1	8
3	1	4	2	8	6	9	7	5
4	7	9	1	6	8	3	5	2
1	3	6	5	2	9	7	8	4
8	2	5	3	4	7	1	6	9

ALPHA TRIANGLE
D, Ed, Dee, Seed, Eased, Ceased, Defaces.

GO FIGURE
2 x 2 - 2 + 4 = 6 **Easy**
5 x 6 - 8 - 1 = 21 **Medium**
8 - 2 x 2 / 3 = 4 **Hard**

LOOP

KAKURO

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Sunny times

Actor shoots for untitled Malayalam film, video goes viral

Actress Sunny Leone, who played a pivotal role in the Anurag Kashyap directorial 'Kennedy', is currently shooting for her yet-to-be-titled Malayalam project in Kerala. A video from the shoot is going viral on social media, showing the actress amid the film's crew.

In the video, she can be seen being briefed on a scene. The actress appears wearing a pink coloured shirt which she paired with denim shorts.

A few days ago, Sunny performed the muhurat pooja with the National Award-winning director Pampally and the film's team in Kerala.

Sunny Leone has never failed to surprise her fans with her careful choice of films. With the recently announced untitled film, the actress has piqued curiosity among the audience, who cannot wait to see what Sunny will bring to the table.

Meanwhile, the actress is currently seen hosting the latest season of 'Splitsvilla X5'.

Earlier, her film 'Kennedy' received a round of applause at its Cannes Film Festival premiere. While the film, directed by Anurag Kashyap, has been receiving accolades across the globe at various film festivals, it is yet to release in theatres.

The actress also has an film 'Quotation Gang' in the pipeline.

–IANS

Secret behind beauty

Actress Raashii Khanna, who is awaiting the release of her Tamil film 'Aranmanai 4', has shared how she achieved her look in the 'Achacho' song from the film.

The actress shared that she banked on weight training, a healthy sleep cycle and perfect nutrition to get the perfectly toned frame for the song. She emphasised that there is no 'shortcut' to fitness and that she made some changes in her routine and sleep cycle.

Raashii said: "I work hard and I won't take that away from me. Even on a 12 to 16-hour shoot day, I take out time for my workouts. I wake up early, I sleep early. I put in the work. And I have been at it for many years now. For the song, I went on to do a lot of weight training with split routines and circuits, making it intense but not too long. The idea was to tone up." She further mentioned that a week prior to the shoot, she opted for an egg white and spinach diet though she wouldn't recommend it for the long run.

She said: "Nutrition plays a very important role when you are trying to look a certain way. For the song, I did go on an egg white and spinach diet for a week prior (the shoot). But I wouldn't recommend it because it is not healthy in the long run."

She further stated that during the normal shoot days, she maintains a very healthy diet with "cheat meals on Sundays". –IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Father–son bond

Popular director and producer R Chandru is all set to start shooting of his latest movie Father. Its muhurat function is scheduled to be held on Saturday. Prakash Rai, Darling Krishna, Telugu actor Sunil are the main cast. The movie is to be helmed by Rajamohan.

Chandru has bankrolled big-budget movies Charminar, Maley, I Love You, Kanaka, and Kabzaa under the Sri Siddeshwara Movies banner.

Father will be the first film, being bankrolled under the RC Studios, to go on floors. Chandru had announced the launch of RC Studios and five movies in January. "The muhurat function of Father will be held at Bande Mahakali Temple on Saturday. Dr Shivarajkumar will be the chief guest," said Chandru.

Chandru said Amrutha Iyengar will play the female lead. "Father is about the relationship between a father and son. Darling Krishna is known for playing soft and romantic characters but he will be seen as a mass hero in this movie that will have all the elements to make the audiences happy," said Chandru.

Prakash Raj is known for playing father characters apart from villain characters in Telugu movies. Prakash Raj and Darling Krishna combination is expected to provide entertainment for all.

Games people play

Director Gangadhar Salimath, who won the State award for his maiden movie Ayana, is busy promoting his second movie Grey Games which is scheduled for release on May 10.

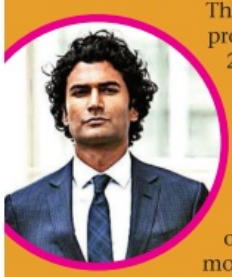
The movie revolves around victims of cyber crime and it also tries to offer solutions. Vijaya Raghavendra plays a psychologist while Bhavana Rao plays an investigating officer and Jai as the professional gamer. "The movie challenges the perception of people on what is right and what is wrong. All of us have worked hard," said Salimath.

The movie has got a UA certificate. Vijaya Raghavendra, Bhavana Rao, Shruthi Prakash, Aparna Vastreya, Ravi Bhat, Jai, Ishitha Singh, Ram Manjonnatth are the cast. The movie was screened at 54th Indian International Film Festival in Goa. It is bankrolled by Anand H Mugad under the Dees Films banner in association with Sateesh Grampurohit, Aravind Joshi, and Doleshwar Raj Sunku.

"We will release this movie across the state. I thank all those who worked hard," said producer Mugad.

Love to work in India

Indian-American star Sendhil Ramamurthy says he loved working with Vidya Balan in "Do Aur Do Pyaar" and hopes the film brings many more opportunities from Bollywood, an industry he stayed away from for over a decade due familial responsibilities.



The actor, 49, last worked in a Hindi production in "Shor in the City" in 2010. He said his absence from Hindi cinema was not driven by "a lack of desire". "I didn't want to be away from the children for far too long. I hope to be doing a lot more because my kids are teenagers now and it's not cool to hang out with your dad. So I'm much more open to the prospect of coming back and doing more work in India," Ramamurthy told PTI. Ramamurthy said language was also an issue that kept him away but with the proliferation of platforms, the opportunity for crossover has never been better. –PTI

Thandiwe on board

Actress Thandiwe Newton is the latest addition to the cast of the second season of the Netflix series 'Wednesday'. Exact character details are being kept under wraps. She is the latest new cast member to be revealed, as it was previously reported that Steve Buscemi will also appear in Season 2, reports variety.com.

Newton has held a number of TV roles in her career, perhaps most notably starring in series 'Westworld'. She received three Emmy nominations for best supporting actress in a drama for that show, winning the award in 2018.

Her other TV credits include 'The Slap', 'Big Mouth', 'Human Resources', and 'Rogue'. Among films, Newton is known for starring in features such as 'Crash', 'Beloved', 'The Pursuit of Happyness', and 'W'.

Not much is known about the second season of the show, however, it will have Jenna Ortega returning as the titular Addams Family daughter going

through her teenage years. The first season ended with Wednesday successfully solving a series of grisly murders while also thwarting an attempt to destroy Nevermore Academy and its students. The show first streamed in 2022 and became a hit. It ranks as one of the most-watched shows the streamer has ever released and was nominated for 12 Emmys. –IANS